

SAMPLE EXERCISE PROGRAM:

Contact your doctor or an exercise specialist before starting any new exercise program



CERVICAL CHIN TUCK WITH (OP) OVER PRESSURE

Place your hand on your chin and slowly draw your head back into a chin tuck so that your ears line up with your shoulders.

Hold, then return to original position and repeat.

Video # VVUN9E2XX

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day



CERVICAL NODS - FLEXION AND EXTENSIONS - CHIN TUCK AND EXTENSIONS

Lie on your back and gently tilt your head up and down while maintaining the back of your head on the pillow/bed/table the entire time.

Video # VV948MDGB

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day



PELVIC TILT - SEATED

While in a seated position, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Video # VVPHVTZ3P

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



PELVIC CLOCK 6 AND 12

Lie on your back in a relaxed position with your knees bent and your feet flat on the ground approximately pelvis width apart.



Next, imagine a clock on your stomach/pelvis area. Tilt your pelvis so that the clock tips towards 12 o'clock (posterior tilt) and your low back presses firmly against the floor.



Then reverse the direction and tilt your pelvis so that the imaginary clock tilts towards 6 o'clock (anterior tilt) and the pressure of your low back is taken off the floor. There may be a some space under your low back at the end range of this position.

Have your thumbs placed on the front of your pelvic bone (ASIS) so you can feel the movement. During the movement your pelvis rolls forward (anterior tilt) and back (posterior tilt).

Repeat this with smooth controlled motions.

Video # VV65WT2YB

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

TRUNK EXTENSION - AROM



While seated in a chair with good posture, place your hands behind the base of your head. Start by raising up your chest, arms and head as one unit. Return to starting position and repeat.

Video # VVZ926UX4

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

COBRA POSE



Start by lying on your stomach. Press toes into the floor as you use your back muscles to raise your chest up off the floor. Allow your arms to assist in raising up as needed. At end position, elbows can be bent or fully straight if tolerable. Hold this position.



Slow deep diaphragm breathing the entire time.

Video # VVSYCA8BG

Duration 10 Seconds
Complete 1 Set
Perform 1 Times a Day



GERIATRIC - SEATED UPPER TRUNK ROTATIONS - UTR

While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side and then rotate to the other side and repeat.

Video # VVLNC8L7A

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day



SIDE LYING TRUNK ROTATION

While lying on your side with your arms outstretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Video # VV734U2M5

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day



BRACE HEEL SLIDES

While lying on your back with your knees bent, slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.

Video # VVF5BJMX4

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day





HIP EXTENSION - STANDING

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # VVK6PM76H

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day